



King County Live Well Challenge

Point Tracker – Nutrition Version

Your Name: _____
 Team Name: _____

Your Goal: _____ points per week

You earn 1 point every day you consume 2 cups of fruits **and** 2½ cups of vegetables
 You earn 1 point every day you consume 3 or more 1 ounce-equivalents of whole grains. You can earn a maximum of 2 points per day.
A maximum of 10 points per week can be earned for nutrition

*Note: Refer to “How to Earn Nutrition Points” and “How to track Nutrition Points” for further explanation
 You can also earn 5 points for every Health Promotion Activity (40 points maximum for the duration of the Challenge)*

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Points *report to Captain every week*	Activity Points *to be reported at Week 8*
1 Aug 7 -13									
2 Aug 14-20									
3 Aug 21-27									
4 Aug 28- Sept 3									
5 Sept 4-10									
6 Sept 11 -17									
7 Sept 18-24									
8 Sept 25- Oct 1									

Total Activity Points

Goal Points will be automatically calculated and added. You do not report those.

Questions? Call us at 206-263-7333